



Consulate General of India, Hamburg

celebrates

5TH INTERNATIONAL DAY OF YOGA

Saturday, 22nd June 2019

(10:00 hrs – 12:00 hrs)

Venue:

**Berufliche Schule – Gewerbliche Logistik & Sicherheit
(Sport Hall: Dreifeldhalle)**

**Wendenstrasse 268, 20537 Hamburg
(Nearest U-Bahn Station: Burgstrasse)**



Programme

- *Introductory Remarks by the Consul General Mr. Madan-Lal Raigar*
- *Yogasans as per Common Yoga Protocol and Special Session on Meditation*
- *Prayanama, Laughter Yoga*
- *Talk on benefits of Yoga*

Notes for all participants

- *Free and open to all*
- *Please register in advance to help us prepare better for the event*
- *Have a light breakfast on the day*
- *Wear loose clothing suitable for Yoga / white top preferred*
- *Bring a yoga mat or light blanket for your use*

For further information & registration:-

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